

Overcoming Obesity

Losing Weight The Right Way

Sunday, March 21, 2010

With Dr Nandita Shah and Dr. Rupa Shah

(This Program is based on a tried and tested method used world over by Dr John Mc Dougall, Dr Dean Ornish, Dr Neal Barnard with amazing results)



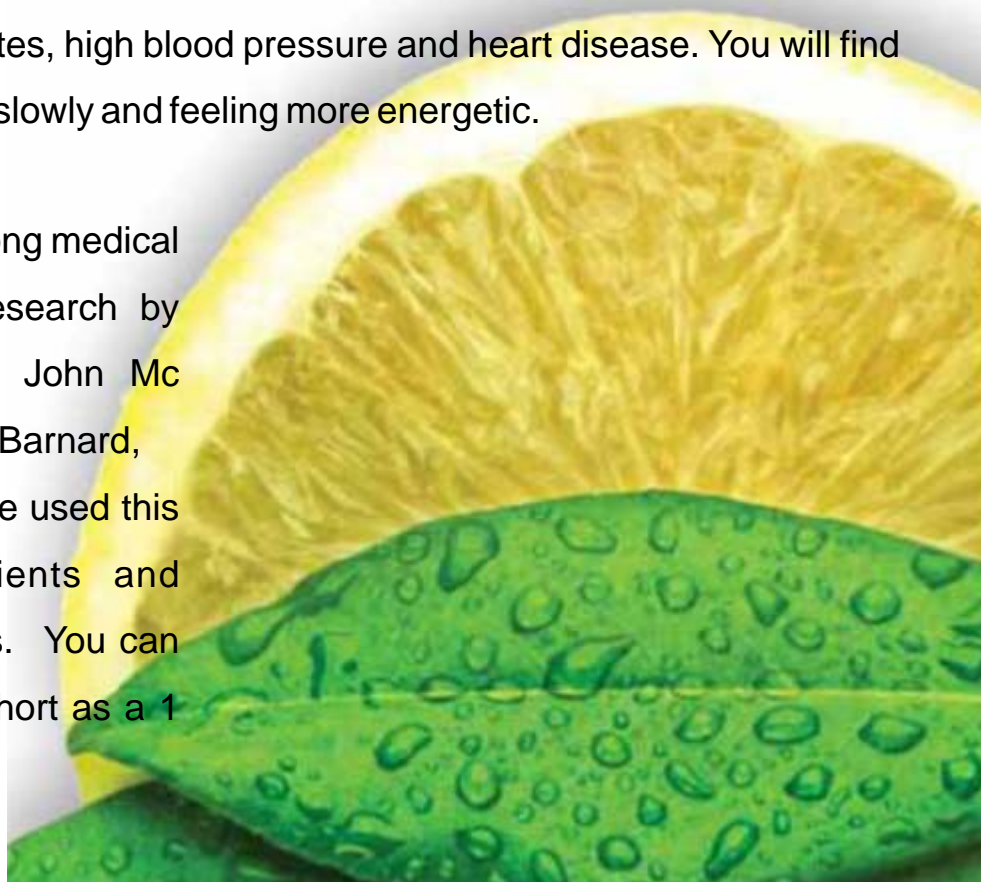
Would you like to lose weight?
And do it the right way?
Would you like to reduce your weight without
crash diets or starving yourself?

Most diets are very useful to lose weight. Just one problem - they do not have permanent effects. It is hard to stick to them and ultimately you put the weight back on again. Sometimes the weight gain after a diet is even more than you lost. Clearly diets are not the solution.

You are invited to a 1- day program that will: -

- Introduce you to a **powerful lifestyle method** that reverses most cases of obesity. Our focus is on healthful eating habits and guidelines, which enable you to eat as much as you like, within the right framework.
- These scientifically proven guidelines will be made available to you in a **very simple, easy-to-follow framework**.
- This method also **prevents and reverses other complications of obesity** such as joint complaints, back aches, diabetes, high blood pressure and heart disease. You will find yourself reducing medications slowly and feeling more energetic.

This program is supported by strong medical evidence and ample clinical research by doctors the world over by Dr John Mc Dougall, Dr Dean Ornish, Dr Neal Barnard, Dr Joel Furhman and others have used this method to assist their patients and themselves with amazing results. You can experience results too with as short as a 1 month trial period.



The Innovative Program

Practical Guidance

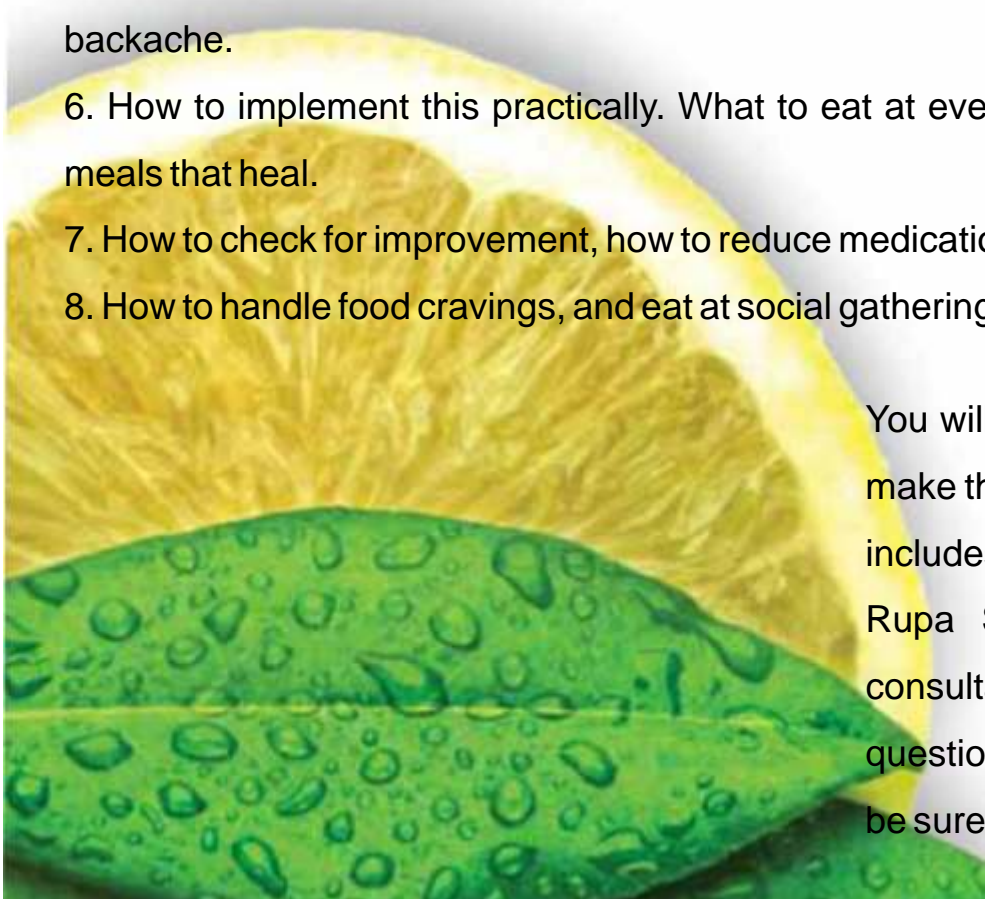
With engaging lectures and simple tips, leading physicians will guide you to the new dietary approach to obesity. You will learn the new method for reducing your weight without losing out on eating and how to control your weight and cholesterol, conquer unhealthy food habits, and regain good health.

We will also teach you how to convert this knowledge of what you can eat into solid cooking techniques that you can use to modify your own recipes so that you can still eat most of the foods you love.

And just to show you the large variety that you can enjoy while reversing your diabetes we will serve breakfast, lunch and snacks.

Topics to be covered in the program

1. What is obesity? Why human beings are prone to obesity.
2. Which foods can be avoided to reverse obesity? The link between dairy and obesity.
3. Is obesity really hereditary? Can it be overcome even if family members were overweight?
4. How and why obesity can be reversed with the correct foods.
5. The connection between obesity and heart disease, diabetes, cancer, joint pains and backache.
6. How to implement this practically. What to eat at every meal, how to make flavourful meals that heal.
7. How to check for improvement, how to reduce medications, hypoglycaemia, vitamin B12
8. How to handle food cravings, and eat at social gatherings?



You will get a sample diet chart to help make the transition easy. The workshop includes a follow up consultation with Dr Rupa Shah as well as two phone consultations so that you can solve the questions which may come up later and be sure to overcome obesity.

Course Instructors

Dr. Nandita Shah is a homeopathic physician, who has used this method extensively with her own patients. In order to dispel the myths that healthful food may be a deprivation or that they will not be tasty, Dr Shah conducts cooking classes side by side with her own health workshops. She has taught extensively, both in India and abroad. She is the founder of the organization SHARAN.



Dr Rupa Shah is an allopathic physician by training, but has opted to make, research & practice Indian Flower Remedies. She also practices Lifestyle Medicine where she advises her patients on lifestyle modification, diet & exercise for prevention and reversing diseases. Healthy vegan diet is what she chooses to recommend to all her patients to reverse various diseases along with flower remedies. She is the Director of Healin' Temple, which is a holistic healing center.



What Does It Mean to Overcome Obesity?

Once we understand that animals, even if they are in a natural situation where there is unlimited food, never become obese we can begin critically examining why human beings and the animals we feed often suffer from obesity. What are the secrets to normal body weight and why the most healthful diet to lose weight also reverses other diseases. High blood pressure normalizes, joint pains melt away, and blood sugar levels begin to drop. Allergies and digestive disturbances fade away.



If you have
struggled with your weight
don't miss this opportunity to understand
the **secrets of regaining fitness.**

When

21st March 2010, 9am – 5 pm

Where

Times Tower 6th floor, Kamala Mills Compound, Lower Parel

Registrations and Enquiries

1. Poornima Acharya: 9820221998,
2. Capt. Rakesh Srivastava: (022) 28408751, 98339 88287
3. Mr David Soares: (022) 22047596

Program Fees

The fees are structured so that you can easily come with those you live with.
Its important for people who eat with you to understand why these changes can heal.

1 person: Rs. 2000

A couple: Rs. 3250

One family (3 – 4 members): Rs. 5000

Group rate – 4 friends: Rs. 6000

Program Repeaters Rs. 1000

This is a special seminar, adapting the scientifically researched techniques by Drs Neal Bernard, John Mc Dougall, Dean Ornish etc to the Indian context. Topics discussed will be linked to our practices, social customs and cooking traditions in Indian homes. Solutions will be provided so that we can evolve our daily practices from where they are currently, to being empowered actions which address root causes and become a solid base for healthful living from our very own homes and kitchens.

To **reserve your place**, cheques in favour of SHARAN or payments to be sent to

Capt. Rakesh Srivastava
42/A, Shruti, Yashodham Enclave, Gen. AK Vaidya Marg,
Goregaon (East). Mumbai 400063



SHARAN